

DANISH FRIKADELLER (DANISH MEATBALLS)

SUNDAY
TRADITIONS

Serves 6

Time: 35 minutes

2 lbs. fine ground pork
(Note: If it isn't ground really fine, chop it with a knife - it must be fine)

- 1 Tablespoon coarse salt
- 1 Tablespoon black pepper
- 1 medium yellow onion, chopped
- 2 eggs, beaten
- ½ cup milk
- 3 Tablespoons flour or breadcrumbs
- 2 Tablespoons olive oil
- 2 Tablespoons butter

CONVERSATION STARTER:

Do you know your Mom's Birthday? Dad's Birthday?

1. In a medium size bowl mix the ground pork, salt, pepper, onion, eggs, milk and flour or bread crumbs together with your hands or a fork.
2. Heat oil and butter in a large frying pan until hot but not burning.
3. Take a heaping tablespoon of the meat mixture and form into an egg shape by cupping it in your hands. (It will be like a meatball only shaped a little differently.)
4. Fry the Frikadeller over medium heat until brown on both sides and cooked all the way through. Cook in batches until all the meat is used up.
5. Remove to a platter, cover and keep warm. Save the drippings for gravy if desired.

To prepare the gravy: Add the following to the pan drippings

- 2 cups water
- 1 Beef flavored bouillon - extra large cube; or 2 teaspoons beef bouillon granules
- 1 teaspoon Worcestershire Sauce
- 1 to 2 Tablespoons flour to thicken the gravy

Bring the water, bouillon and Worcestershire to a low boil. Whisk in the flour a little at a time. Boil for a couple of minutes and season with coarse salt and fresh ground pepper. Pour the gravy over the Frikadeller.

Serve with: Danish Cabbage page 214; steamed or boiled red potatoes; mashed potatoes; peas and carrots.

Variations:

- Use 1¼ lbs. ground pork and ¾ lb. ground beef.
- Replace 2 cups water with 2 cups evaporated milk, like many Danish cooks.
- Make a Béchamel sauce with fresh parsley and pour over the Frikadeller as well.
- Try it on my French Baguette page 242 with Dijon mustard!

My Grandmother was a Dane! Susie in Solvang, California, showed me this great dish, when I was doing "The Food Nanny Show" there. Make the Danish Sweet Red Cabbage to go with the Frikadeller too. The cabbage just complements this meal perfectly. My recipe for the cabbage is wonderful. Just ask Greg, one of my photographers!!